We claim,

- 1. A method of treating diabetes in a mammal, comprising administering to the mammal an agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity such that diabetes is treated.
- 2. The method of claim 1 wherein the treatment of diabetes results in one or more of decreased serum glucose concentrations, improved glucose tolerance, increased insulin sensitivity, reduced hyperinsulinemia, and improved glycemic control.
- 3. The method of claim 1, wherein diabetes is non-insulin dependent diabetes mellitus (NIDDM).
- 4. The method of claim 1, wherein the agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity is a molecule capable of inhibiting VEGF activity or expression.
- 5. The method of claim 4, wherein the molecule capable of inhibiting VEGF expression is a VEGF antagonist selected from the group consisting of an antibody, a VEGF trap, a small molecule, a lipid, and a carbohydrate.
- 6. The method of claim 5, wherein the VEGF trap is selected from the group consisting of acetylated Flt-1(1-3)-Fc, Flt-1(1-3_{R->N})-Fc, Flt-1(1-3_{ΔB})-Fc, Flt-1(2-3_{ΔB})-Fc, Flt-1(2-3)-Fc, Flt-1D2-VEGFR3D3-FcΔC1(a), Flt-1D2-Flk-1D3-FcΔC1(a), and VEGFR1R2-FcΔC1(a).
- 7. The method of claim 4, wherein the agent capable of inhibiting expression is an antisense molecule.
- 8. The method of claim 1, wherein administration is via subcutaneous, intramuscular, intradermal, intraperitoneal, intravenous, intranasal, or oral routes.
- 9. A method of inhibiting the development or progression of type 2 diabetes in a human subject suffering therefrom or at risk for developing type 2 diabetes, comprising administering to the subject

an agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity such that diabetes is treated.

- 10. The method of claim 9, wherein the treatment results in one or more of decreased serum glucose concentrations, improved glucose tolerance, increased insulin sensitivity, reduced hyperinsulinemia, or improved glycemic control.
- 11. The method of claim 9, wherein the agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity is a molecule capable of inhibiting VEGF activity or expression.
- 12. The method of claim 11, wherein the molecule capable of inhibiting VEGF expression is a VEGF antagonist selected from the group consisting of an antibody, a VEGF trap, a small molecule, a lipid, and a carbohydrate.
- 13. The method of claim 12, wherein the VEGF trap is selected from the group consisting of acetylated Flt-1(1-3)-Fc, Flt-1(1-3_{R->N})-Fc, Flt-1(1-3_{Δ B})-Fc, Flt-1(2-3_{Δ B})-Fc, Flt-1(2-3)-Fc, Flt-1D2-VEGFR3D3-Fc Δ C1(a), Flt-1D2-Flk-1D3-Fc Δ C1(a), and VEGFR1R2-Fc Δ C1(a).
- 14. The method of claim 9, wherein administration is via subcutaneous, intramuscular, intradermal, intraperitoneal, intravenous, intranasal, or oral routes.
- 15. A method of improving glucose tolerance or insulin sensitivity in a human subject in need thereof, comprising administering to the subject an agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity.
- 16. The method of claim 9, wherein the agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity is a molecule capable of inhibiting VEGF activity or expression.
- 17. The method of claim 16, wherein the molecule capable of inhibiting VEGF expression is a VEGF antagonist selected from the group consisting of an antibody, a VEGF trap, a small molecule, a lipid, and a carbohydrate.

- 18. The method of claim 17, wherein the VEGF trap is selected from the group consisting of acetylated Flt-1(1-3)-Fc, Flt-1(1-3_{R->N})-Fc, Flt-1(1-3_{Δ B})-Fc, Flt-1(2-3_{Δ B})-Fc, Flt-1(2-3)-Fc, Flt-1D2-VEGFR3D3-Fc Δ C1(a), Flt-1D2-Flk-1D3-Fc Δ C1(a), and VEGFR1R2-Fc Δ C1(a).
- 19. The method of claim 15, wherein administration is via subcutaneous, intramuscular, intradermal, intraperitoneal, intravenous, intranasal, or oral routes.
- 20. A method of treating diabetes in a patient in need of such treatment comprising administering to the patient a molecule capable of inhibiting VEGF activity or expression.
- 21. The method of claim 20, wherein the molecule capable of inhibiting VEGF activity or expression is a VEGF trap selected from the group consisting of acetylated Flt-1(1-3)-Fc, Flt-1(1-3_{R->N})-Fc, Flt-1(1-3_{AB})-Fc, Flt-1(2-3_{AB})-Fc, Flt-1(2-3)-Fc, Flt-1D2-VEGFR3D3-Fc Δ C1(a), Flt-1D2-Flk-1D3-Fc Δ C1(a), and VEGFR1R2-Fc Δ C1(a).
- 22. A method for treating diabetes comprising administering to a patient in need of such treatment an agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity and a hypoglycemic agent.
- 23. A method for treating diabetes comprising administering to a patient in need of such treatment an agent capable of blocking, inhibiting, or ameliorating VEGF-mediated activity and a weight loss agent.
- 24. An article of manufacturing comprising:
- a) packaging material; and
- b) a pharmaceutical agent contained within said packaging material; wherein the pharmaceutical agent comprises at least one VEGF antagonist and the packaging material comprises a label or package insert which indicates that the at least one VEGF antagonist can be used for treating diabetes.